

# *The Newport* **Navalog**

VOL. 104 NO. 41 OCTOBER 15, 2004

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



## *United front for emergencies*

**JOINT STATE AND NAVY FORUM** —Rear Adm. Jacob Shuford, left, President of the Naval War College (NWC), escorts Gov. Donald Carcieri of Rhode Island down the Hall of Flags in Pringle Hall to convene the state Summit on Emergency Preparedness at the NWC last Tuesday morning. At right is Maj. Gen. Reginald Centracchio, adjutant general of the R.I. National Guard. The forum explored Rhode Island's emergency management preparedness, response and recovery capabilities.

PHC Bob Inverso/U.S. Navy photo



### **Health Fair all-inclusive**

Naval Station Newport's Health Fair at Gym 109 goes beyond fitness and good diet to emphasize emotional well-being.

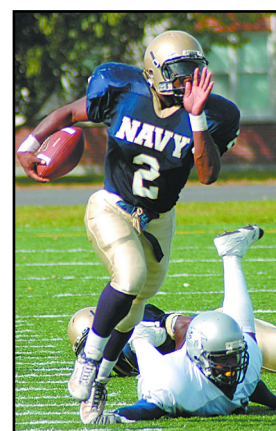
— Page 3



### **Sen. McCain at Navy Ball**

Arizona Sen. John McCain is a distinguished guest at the 229th anniversary Navy Birthday Ball at the Officers' Club.

— Pages 8-9



### **NAPS Rams put on show**

The Naval Academy Prep School Rams notch their fifth win this season to the delight of a Parents Weekend crowd at Nimitz Field.

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## Navy marches for Columbus

Navy Newport is represented in the finale of the annual Newport Festa Italiana: the Columbus Day Parade through Newport last Monday.

TOP: Marines in the Broadened Opportunity for Officer Selection and Training program in the Officer Training Command-Newport (OTC-N) follow their color guard up Memorial Boulevard to the Columbus statue at Bellevue Avenue.

RIGHT: Flag bearers surround the statue as ceremonies begin.

BOTTOM: Students in the Naval Science Institute (NSI) program at OTC-N form tight columns as they march up Memorial Boulevard.

Richard Alexander/U.S. Navy photos



# EEO fair to focus on disability aids

Naval Station (NAVSTA) Newport's Equal Employment Opportunity (EEO) Committee will sponsor the fourth annual Disability Awareness Fair on Wednesday, Oct. 20, from 11 a.m. to 2 p.m., at the Officers' Club.

U.S. Secretary of Labor Elaine L. Chao has selected, "You're Hired! Success Knows No Limitations!" as the theme for 2004. The fair will be a vehicle to provide the public and the Newport naval base workforce with informational displays of various products and services for persons with disabilities and information on the Americans with Disabilities Act.

The fair is being held to rec-

ognize Disability Awareness Month and to help raise the level of awareness about disabilities in the workplace.

In 1990, President George H. W. Bush signed the Americans With Disabilities Act into law.

Since passage of the law, more people with disabilities are participating fully in society by improved employment opportunities, government services, public accommodations, transportation, and telecommunications.

The fair is free and open to the public. Visitors should enter through Gate One, the main entrance to the naval complex.

## Care package program launched for R.I. troops

PROVIDENCE — Lt. Gov. Charles J. Fogarty last week kicked off his annual "Operation Holiday Cheer" Care Package Drive saying he is looking forward to again working with Rhode Islanders to send a little bit of home to deployed Rhode Island military members.

"This is a tremendous way to show those who are defending our freedom and their families that we appreciate the great sacrifice they are making," Fogarty said. "Each time we do this, I am amazed at the generosity of Rhode Islanders who donate hundreds of hours and countless items so that our troops can have a little bit of

home during this holiday season. We may be the smallest state, but we certainly have the biggest heart when it comes to our troops."

This is the third package drive Fogarty has coordinated. To date, thousands of volunteers have donated items and helped to ship some 3,000 packages to current and former Rhode Islanders serving in the Reserves and National Guard or on active duty. As always, the packages will contain donated reminders of home, such as Dunkin' Donuts coffee, boxes of blank cards from CardSmart, Del's Lemon-

CARE, Page 13

## Navalog

**Capt. Robert P. McLaughlin Jr.**  
Commanding Officer, Naval Station Newport

<b>David Sanders</b> NAVSTA Public Affairs Officer	<b>Bob Krekorian</b> NAVSTA Public Affairs Staff	<b>Greg Kohlweiss</b> NAVSTA Public Affairs Staff
<b>Ron Fontaine</b> NAVSTA Public Affairs Staff	<b>Joy Christmas</b> NAVSTA Public Affairs Staff	<b>Richard Alexander</b> NAVALOG Editor

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The Newport Navallog is printed on recycled paper.



# Diet, exercise only part of Health Fair message

By JOY CHRISTMAS

NAVSTA Public Affairs Staff

Arms full of information and give-aways, Wendy Borodemos made her way around various stations at the Naval Station Newport Health Fair at Gym 109 on Oct. 7.

"This is great, said Borodemos, a vendor at the Commissary and the Navy Exchange. "I'm trying to get back into shape. I've already had my blood pressure and cholesterol checked and picked up some great information from all the good resources here."

More than 30 participants encompassing all aspects of health care staffed stations to disseminate information, conduct screenings and apply therapeutic techniques.

Scott MacDonald, Morale, Welfare and Recreation Department Athletic Director, said the fair encouraged individuals to examine all aspects of their well-being, and to act. About 100 attended.

Among the military participants included Health Promotions from Naval Health Care New England (NHCNE),



Ron Fontaine/U.S. Navy photo

**THE PRESSURE'S ON** —Hospitalman Ralph Diego of the Richard De Wert Medical Clinic (NACC) takes a blood pressure reading on Mari Alegre at the Morale, Welfare and Recreation Department's Health Fair last week at Gym 109.

Richard De Wert Medical Clinic; Fleet and Family Support Center (FFSC); Gym 109; Armed Services YMCA.

Debbie Johnson and Jayne Miller, employed at the Navy Welfare Development Command (NWDC), know the

importance of maintaining their health and walk on their lunch breaks every day.

"We stopped in to see what information we could pick up to further improve our health," said Johnson. "I've found this

**HEALTH CARE, Page 13**

# SNA: Last call for 5k entries

By GREG KOHLWEISS

Navalog sports editor

It's last call for entries in today's 5k By The Bay, sponsored by the Newport Chapter of the Surface Navy Association (SNA). The race steps off, rain or shine, at 5 p.m. from Arleigh Burke Hall, Surface Warfare Officers School Command.

SNA is a non-profit organization that promotes communication and coordination among the military, business, and academic communities sharing an interest in naval surface warfare.

All proceeds from this annual event benefit the Navy and Marine Corps Relief Society, which provides emergency financial assistance to active duty and retired Navy and Marine personnel and their families, and the Newport

Chapter of the SNA.

The 5K course is designed to maximize the visual splendor provided by Narragansett Bay, the Newport Bridge, Naval War College, Naval Station Newport and the Surface Warfare Officers School.

Trophies will be given for runner and team categories: 17 and under, 18 to 29, 30 to 39, 40 to 49, over 50, a Clydesdale (180-plus pounds) division for males and a Philly (150-plus pounds) division for females.

There will also be a post-race awards party that will include food, beverages, door prizes, and entertainment.

The race fee is now \$18.

Registration is now available online at: [www.sna5k.com](http://www.sna5k.com) or by calling Lt. Nick Kozma or Lt. John Mentzer at 841-4985.

Results will be published in *The Newport Navalog* next week.



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Ron Fontaine/U.S. Navy photo

**PROUD PRESENTATION** — The Naval Academy Prep School color guard enters Nimitz Field while the whole battalion stands at attention last Friday afternoon during a Pass-in-Review as Parents Weekend for the Class of 2005 gets underway. A reception followed in Kay Hall.



## Bravo zulu

### Length of Service

Donald A. Zalewski, Personnel Support Activity Detachment Newport, 35 Years, Oct. 1, 2004  
Deborah A. Silvia, Personnel Support Activity Detachment Newport, 15 Years, Oct. 1, 2004  
Domingo F. Iglesias, Personnel Support Activity Detachment Newport, 10 Years, Oct. 1, 2004  
Roy R. Snow, Personnel Support Activity Detachment Newport, 10 Years, Oct. 1, 2004  
Dave Harkness, Personnel Support Activity Detachment Newport, 9 Years, Oct. 1, 2004

### Navy-Marine Corps Commendation

CSCS Alan Thomson, Naval Station Newport Supply Department, Oct. 6, 2004

### Navy-USMC Achievement Medal

MA2 Thomas Monti, Naval Station Newport Security Department, Oct. 6, 2004  
MASN Bradley Houghlum, Naval Station Newport Security Department, Oct. 6, 2004  
MA1 Peter Walsh (ret.), Naval Station Newport Security Department, Oct. 6, 2004

### Korean Defense Service

BUC James Diestel, Naval Station Newport Newport Public Works Department, Oct. 6, 2004  
CM2 Joshua Marker, Naval Station Newport Public Works Department, Oct. 6, 2004

### Letter of Commendation

MA2 Adam Wells, Naval Station Newport Security Department, from Commander, Navy Region Northeast, Oct. 6, 2004  
MA2 Dominic Dinuzzo, Naval Station Newport Security Department, from Commander, Navy Region Northeast, Oct. 6, 2004

### Letter of Appreciation

MASN Bradley Houghlum, Naval Station Newport Security Department, Oct. 6, 2004  
MA1 Ryan McFarland, Naval Station Newport Security Department, Oct. 6, 2004  
MA2 Richard Wells, Naval Station Newport Security Department, Oct. 6, 2004  
MA3 Terrance Joynes, Naval Station Newport Security Department, from Commanding Officer, Naval Station Newport, Oct. 6, 2004  
MASN Leslie Dennis, Naval Station Newport Security Department, from Commanding Officer, Naval Station Newport, Oct. 6, 2004  
MASN Daniel Barton, Naval Station Newport Security Department, from Commanding Officer, Naval Station Newport, Oct. 6, 2004  
MASN Leonard Gutierrez, Naval Station Newport Security Department, from Commanding Officer, Naval Station Newport Oct. 6, 2004

### Sailor of the Quarter

CS1 Ronald Robinson, Naval Station Newport Combined Bachelor Quarters, Oct. 6, 2004  
MA2 Mark Long (junior) Naval Station Newport Security Department, Oct. 6, 2004  
BM3 Jacob Gordon (bluejacket) Naval Station Newport Port Operations, Oct. 6, 2004

### Coast Guard Meritorious Team

MA1 Levrone Smallwood, Naval Station Newport Security Department, from Commanding Officer, Marine Safety Office, Hampton Roads, Va., Oct. 6, 2004

# Army family hits the road on bicycles in charity drive

Raising money for charity is a family affair for Lt. Col. Charles Larcom, the senior Army adviser to the National Guard, his wife, Liz, and their six children.

Lt. Col. Larcom and his son, Patrick, 18, now a college sophomore, have cycled seven years to raise money to find a cure for cancer and related diseases. As a family, the Larcoms have raised \$40,000 since 1998.

The other children are Megan, 15, Erin, 13, twins Ian and Chad, 11, and Beth, 7.

About seven years ago Col. Larcom was told his wife had Non-Hodgkin's Lymphoma

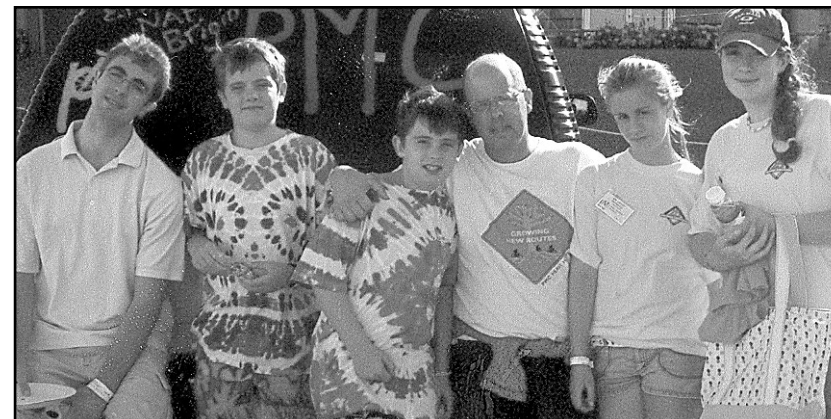


Photo courtesy Larcom family

**Lt. Col. Charles Larcom poses at Massachusetts Maritime Academy in Bourne last August with five of his six children, from left, Patrick, 18; twins Ian and Chad, 11, Erin, 13, and Megan, 15, after Patrick and Col. Larcom finished bicycling 110 miles for charity.**

while the family was stationed in Fairbanks, Alaska.

That sent the family on a roller coaster of emotions. They worried about Mrs. Larcom's prognosis, if her unborn

baby would survive, if chemotherapy would affect the fetus, where they could get treatment in the Army, and what insurance will cover the **CHARITY, Page 13**

## Nominees sought for top Sailor

Nominations are being accepted for the annual Naval Station Newport Servicemember of the Year program. All area commands are eligible and encouraged to participate.

Co-sponsored by the Newport County Navy League, the program honors the outstanding achievements and contributions of individuals from various sectors of Naval Station Newport.

The winners will be honored at individual award ceremonies by the Newport County Navy League and various Newport area service clubs.

In accordance with NAVSTAINST 6610.2D, commands should submit nominations through their chain of command to the Commanding Officer, Naval Station Newport, via code N01P, on the following schedule:

Junior Officer of the Year, no later than Nov. 8;

Senior Enlisted Service Member of the Year, no later than Dec. 8;

Junior Enlisted Service Member of the Year, no later than Jan. 8, 2005.

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# Learn how to shop wisely for that new set of wheels

So you want to buy a new car. An image of your dream car hovers in your mind—it is shiny, colorful, and purrs like a kitten. But, standing between you and your dream car is the car dealer. How do you get the best car for a fair price?

Come to the Fleet and Family Support Center on Tuesday,

## Fleet and Family Support Center

Oct. 19, from 11:30 a.m. to 1 p.m., to find out how to gather your resources and be well informed. Call 841-2283 to register.

**Federal Job Applications—** The Fleet and Family Support Center is offering this workshop on Wednesday, Oct. 20, from 11:30 a.m. to 1 p.m. Participants will learn more about the federal employment process, including analyzing and responding to vacancy announcements, developing knowledge, skills and abilities

## Meetings

### Spouse Club celebrates fall

The Newport Officer Spouse Club (NOSC) general meeting will be Wednesday, Oct. 20, at 7 p.m. at the McMacken Center, Ft. Adams Navy Housing.

All kinds of activities are on tap for the fall season and the club needs volunteers and new members are welcome.

After a brief business meeting, a social hour will follow with hot cider and treats. A fall door prize will be awarded.

### Toastmasters cure butterflies

Do butterflies attack your stomach whenever you're asked to speak before a group? Can you confidently express your thoughts and ideas? Do you have the nerve to ask your boss for a raise?

Whether you're speaking to one or 1,000, the Toastmasters club can help.

The Island Foghorns Toastmasters Club meets on the third Thursday of the month, at the Armed Services YMCA in Newport, from 12:15 to 1:15 p.m. The next meeting is Oct. 21.

For more information, call Mary Ann Grota at 841-4196.

statements, reviewing the application form, and identifying items to include in a federal resume.

**Lunch And Learn Movie Matinee—** Bring your lunch to the Fleet and Family Support

Center on Friday, Oct. 22, from 11:30 a.m. to noon, and view, Effective Discipline, from the Active Parenting series. Registration is not required.

**Identity Theft—** Come to the Fleet and Family Support Cen-

ter on Wednesday, Oct. 27, from 5 to 6 p.m., and attend the Identity Theft program. Hear how you can reduce your risk of identity theft and what to do if your identity is stolen.. Registration is required. Call

841-2283.

**Homebuyers' Workshop—** Purchasing a home is a complex task. Come to the Fleet and Family Support Center on Thursday, Oct. 28, from 7 to 9 p.m., and learn about options.



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## What's going on

# Disability awareness promoted

The Naval Station (NAVSTA) Newport Equal Employment Opportunity Committee (EEOC) will celebrate Disability Awareness Month with its annual Disability Awareness Fair, Wednesday, Oct. 20, from 11 a.m. to 2 p.m., Officers' Club.

Free and open to the public, the informational fair will include product displays, speakers and how to access services, products and resources to employ and improve the quality of life for persons with disabilities.

### FRIDAY, Oct. 15

- Armed Services YMCA (846-9622)
  - Open Sewing, 9 a.m. to noon.
  - Messy Fingers and Toes, 10 a.m.
- Wear your old clothes and prepare to get messy.
- Basketweaving, 9 a.m. to 1 p.m.
- Make a hand-woven boo basket to hold your Halloween treats \$24 per person.
- Big Kids Game Night Halloween Party, 6 to 9. Come in costume and join your friends for lots of fun and games. \$15 for the first child, than \$7.50 for each additional child. Ages 5 and up.

• The following movies are being

shown free at the NAVSTA Newport Recreation Center beginning tonight: *New York Minute*(PG); and *Mean Girls*(PG).

- Frightnights at the Haunted Fort, 6 to 8:30 p.m., Fort Adams, Fort Adams State Park, Newport. Haunted house; vaulted tunnel galleries guarded by a variety of ghosts, ghouls and goblins. Call 841-0707. Also, Oct. 16, 22, 23, and 29 through 31.

- Jack-O'-Lantern Spectacular continues through Oct. 31, 6 to 11 p.m., Roger Williams Park Zoo, Providence.

### SATURDAY, Oct. 16

- 14th annual Bowen's Wharf Seafood Festival begins through Sunday, 11 a.m. to 6 p.m.

- Halloween at the Russian Submarine Museum, Juliett 484 transformed into the creepy K-Raptor experimental submarine lost at sea, tonight and Sunday, plus Oct. 22-23, 29-30, 7 to 9:30 p.m. Collier Point Park, Providence. All tickets \$8.

### SUNDAY, Oct. 17

- Chapel of Hope Sunday worship services:

- Protestant service, 8 and 10:30 a.m.

- Catholic mass, 9 a.m. and noon.

### MONDAY, Oct. 18

- Armed Services YMCA (846-9622)

- Parents' Time Out, 9 a.m. to noon. Let the "Y" care for your child(ren) while you take some time for yourself. \$12.50 for the first child, and \$7.50 for each additional child.

### TUESDAY, Oct. 19

- Armed Services YMCA (846-9622):

- Fitness Hour, 8:45 to 10:15 a.m. Childcare available for children over 10 months. \$4 for the first child, then

\$1 each additional child.

- Discovery Toys, 10 a.m.

- Fleet and Family Support Center (841-2283)

- Car Buying Workshop, 11:30 a.m. to 1 p.m. Gather resources to make and be an informed consumer.

### WEDNESDAY, Oct. 20

- Armed Services YMCA (846-9622):

- Parents' Time Out, 9 a.m. to noon. Let the "Y" care for your child(ren) while you take some time for yourself. \$12.50 for the first child, and \$7.50 for each additional child.

- Easy Mosaic Pages, 10 a.m. to noon.

- Kids Sewing #3, 4 to 5:30 p.m. Also, Oct. 21, 27 and 28.

- Adult Beginner Sewing No. 2, 6 to 9 p.m. A 15-hour class for basic machine sewing techniques, such as hems, set-in sleeves, dart and gathers, zippers and button holes. \$90 plus \$15 for book and supplies.

- Fleet and Family Support Center (841-2283)

- Federal Job Applications, 11:30 a.m. to 1 p.m. Learn to analyze and respond to vacancy announcements, develop knowledge, skills and abilities statements and more.

### THURSDAY, Oct. 21

- Armed Services YMCA (846-9622):

- Fitness Hour, 8:45 to 10:15 a.m. Childcare available for children over 10 months. \$4 for the first child, then \$1 each additional child.

- Make a Plate Party, 10:30 a.m. Create a beautiful family keepsake. \$12 per family, plus supplies.

- Parents as Teachers (PAT) Playgroup, 10:45 a.m. to noon. Open to families with children prenatal through preschool to play, interact with other children and parents.



Ron Fontaine/U.S. Navy photo

**FIRE SAFETY MESSAGE – A.J. Malone, 2, inspects the firefighting equipment on firefighter Joshua Martin, Naval Station Newport Fire Department, which helped the Armed Services YMCA with Fire Safety Day on Oct. 7, in coordination with National Fire Prevention Week, Oct. 3 to 9. They talked to the toddlers about fire safety, and let them climb aboard a fire pumper.**

## East Bay Community Action Program\*

Meet our Team of Health & Dental Care Providers



### Eileen Marie L. Gonzalez, M.D.

Dr. Gonzalez is a graduate of the University of the East, Manila, Philippines. She is Board Certified in Family Practice and is certified by the Educational Commission for Foreign Medical Graduates. She is a member of the American Academy of Family Physicians and the American Medical Association.



### Eustacia S. Muir, RNP

Mrs. Muir, a Family Nurse Practitioner, is a graduate of the University of Pennsylvania. She has cared for individuals from birth to geriatrics. Mrs. Muir also gathered experience working abroad as a volunteer in Africa in an undeveloped area which was both challenging and rewarding.



### Douglas A. Peterson, D.D.S.

Dr. Peterson graduated from the University of Maryland Dental School in 1995. Since then he has been working as a Public Health Service general dentist caring for patients and families in underserved communities.



### Richard Stengel, DMD

Dr. Stengel is a graduate of the University of Pennsylvania School of Dental Medicine. He is also a U.S. Naval Academy graduate and he served five years on destroyers before entering dental school. He has practiced dentistry in Newport for over 30 years.



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# Navy officials take stand against domestic violence

MILLINGTON, Tenn. — During Domestic Violence Awareness Month this month, Navy officials, along with the Family Advocacy Program (FAP), remind everyone that domestic violence hurts us all, and it is everyone's duty to report it.

"Every Sailor can help stop abuse by taking a stand when they see co-workers abusing a spouse or partner, either verbally or physically," said Rear Adm. Annette E. Brown, who was the senior uniformed member representing the Navy on the Defense Task Force on Domestic Violence. "Our people can also help by just speaking up about the value of a relationship that is based on equality."

FAP, a component of the Fleet and Family Support Program (FFSP), offers prevention, identification, treatment, follow-up and education to children and spouses from abuse.

The task force was commissioned by Congress to address domestic violence in the military and to recommend to Congress how the military can prevent and better respond to domestic violence. As a result of this task force, there are changes being implemented in all branches of the service. These changes include domestic violence training for chaplains, additional funds for relocating dependents for safety reasons, domestic violence response and intervention training for commanding officers, as well as requiring training for new commanding officers, and standardized training for victim advocates.

"Domestic violence is a readiness issue for the Navy and is not compatible with the core values of the Navy — honor, courage and commit-

ment," Brown said. "As long as there remains even one domestic violence case, there is one too many."

Suspicion of abuse is all that is needed to file a report, and it can be done anonymously.

FAP and the task force urge all hands not to be afraid to take a stand. One intervention can save a life.

For more information or help, contact the Fleet and Family Support Center and

speak with a FAP representative, at 841-2283; or call the Domestic Violence hotline at (800) 799-7233.

The agency has placed an informational display on domestic violence in Building

690. Stop by and view the eight-minute video on the Silent Witness Program, or pick up an informational brochure to help you determine the warning signs of domestic violence.

## Which TRICARE option is best for you?



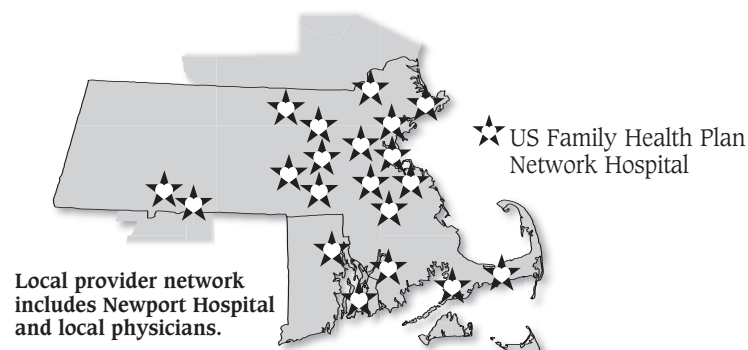
US Family Health Plan provides high quality health care, local physicians and hospitals, very affordable prescription drug coverage, no paperwork, and the assurance that we'll always be here for you. Enrollment is open now to military beneficiaries of all ages. To learn more about this great TRICARE option, come to our information/Q&A session:

**Date:** Wednesday, October 20

**Times:** 2-3pm (for beneficiaries 65 and older)  
6-7 pm (for active duty families and retirees under 65)

**Place:** Courtyard Marriott Newport/Middletown  
9 Commerce Drive, Middletown

Meanwhile, if you have any questions, please call 1-888-815-5510 or visit [www.usfamilyhealthplan.org](http://www.usfamilyhealthplan.org).



Local provider network includes Newport Hospital and local physicians.



US Family Health Plan is a permanent part of the military health system.



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# *Celebrating 229 years*



Rhode Island Sound tenor saxophone player Musician Second Class Greg Washburn entertains at the Navy Birthday Ball.

Ron Fontaine  
U.S. Navy photos



**ON THE DANCE FLOOR** – Some of the 330 Navy Birthday Ball guests crowd the ballroom floor at the Officers' Club last Friday night to dance to Navy Band Northeast's rock band, Rhode Island Sound.

## Sen. McCain draws crowd at Navy Ball

**By RICHARD ALEXANDER**  
Navalog editor

Arizona Sen. and Mrs. John McCain were distinguished guests last Friday night as Navy Newport celebrated the 229th anniversary of the sea service at the Navy Birthday Ball at the Officers' Club at Naval Station (NAVSTA) Newport.

The McCains' son, John McCain IV, is a student in a Navy Newport school. The younger McCain also attended

with his date.

More than 330 guests turned out for the formal on the theme, "Sailing the South Pacific," and received leis to wear over their dress blues and gowns.

The greatest representation was from NAPS, which hosted Parents Weekend last weekend, and the Naval War College.

McCain was a presidential candidate during the Republi-

**NAVY BALL, Page 9**

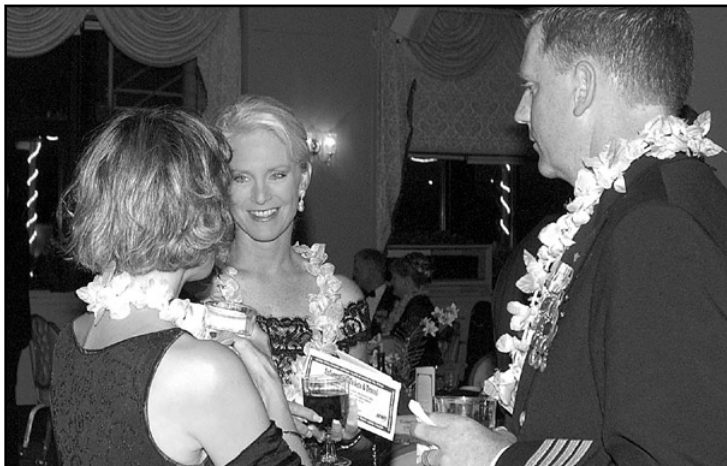


**Sen. John McCain, R-Ariz., talks with Rear Adm. John M. Kelly, right, Commander, Navy Warfare Development Command, before dinner.**





**SOUTH PACIFIC SHOW** — A Polynesian floor show, sponsored by The Home Depot, entertains while dinner is served at the ball.



**Capt. Charles Hautau, right, Commanding Officer, Naval Academy Prep School, and his wife, Julie, left, talk with Mrs. Cindy McCain, wife of the Arizona senator.**



**Cmdr. Kevin Flanagan, in the Prospective Commanding Officer (PCO) class at the Surface Warfare Officers School Command, and his wife, Mary Ellen, stand for toasts to the commander-in-chief and all military services. Flanagan was a former staff member at SWOSCOL-COM.**

## Navy Ball

Continued from Page 8

can primaries last spring.

Mrs. Cindy McCain arrived early with her son and his date as the senator was delayed in Connecticut by about an hour. After dinner, McCain posed for dozens of pictures.

“Our intent was to let Sen. McCain just be a dad, and not a political celebrity,” NAVSTA Command Master Chief Bill Stoller said. “But he was very cordial, and shook a lot of hands.”

Though there was no color guard and formal speaker for the ball, Rear Adm. John M. Kelly, Commander, Navy Warfare Development Command, gave extended remarks on the history of the sea service, the global war on terrorism, and how Newport is a training command for the future manpower of the U.S. Fleet.

Master Chief Stoller said the lack of usual formality, actually enhanced the cohesiveness of

the event. “There was just a constant buzz of conversation across all the tables,” he said. “I think most everyone had a good time, and enjoyed the food as well.”

“This year was a little different from what we had in the past,” said Senior Chief Information Systems Technician Ken Bridges, NAVSTA Military Support Staff. “A Polynesian dance group performed a floor show while we ate papaya chicken and beef kabobs.”

He said the Navy’s rock band Rhode Island Sound did an excellent job, and it made for a relaxing evening out for both he and his wife.

Retired Master Chief Boatswain’s Mate Ed Walsh, 83, of Newport said he’s been to dozens of Navy Birthday Balls. “I enjoy them every year,” said Walsh, who sat at a table with Newport Navy League members.

He was prepared to cut the birthday cake as the oldest guest attending the ball, but admitted honors would have gone to retired Capt. Sidney D.B. Merrill, 90, of Portsmouth.

Tradition was upheld with Senior Chief Bridges participating in the two-bell ceremony, and Kelly giving the ceremonial toast to the Navy. But the cake-cutting was done by Kelly and Capt. Robert McLaughlin, Commanding Officer, Naval Station Newport.

Other toasts were given by Capt. McLaughlin for the Commander-in-Chief; Cmdr. Michael Stoll, NAVSTA Public Works, for the U.S. Army; Cmdr. Stephen Burke, Executive Officer, NAVSTA, for the U.S. Marine Corps; Lt. Col. Lee Pittman, Naval War College student, for the U.S. Air Force; and Chaplain (Cmdr.) David Gunderlach, NAVSTA senior staff chaplain, for the U.S. Coast Guard.

“I gave it a thumbs up overall,” Chaplain Gunderlach said. “It was a little different style this year — less formality and more camaraderie.”

The Polynesian show was sponsored by The Home Depot. A private contract photographer was available for formal portraits.



**Rear Adm. John M. Kelly, left, Commander, Navy Warfare Development Command, and Capt. Robert McLaughlin, Commanding Officer, Naval Station Newport, cut the Navy birthday cake.**



## Naval Station Newport Dining



Kelly Conner/MWR photo

**COUNTRY MUSIC RETURNS** — The Country Mile Band will return to the Officers' Club on Oct. 29 from 6 to 11 p.m. for a dinner dance show featuring a country buffet. Tickets are available at the Gift Shop, Monday through Friday. For information, call 846-7987.

### Officers' Club

Building 95, Phone 841-4821, 846-7987 or 849-3693)

Today: Lunch, 11 a.m. to 1:15 p.m., first deck, sit-down service.

**Tonight:** Kick-off the weekend at the Officers' Club, the place to be on Friday nights. On the Blue Deck (weather permitting) or upstairs at Topside Pub, enjoy complimentary homemade beer cheese and crackers. Also, check out the nightly drink special.

**Saturday:** Topside Pub opens at 4 p.m. Full pub menu available until one hour before closing.

**Sunday:** Come enjoy all-hands breakfast on the Blue Deck or in case of inclement weather, inside at the Officers' Club. \$8.95 for adults and \$4.50 for children (4 to 10), gratuity and beverages not included. Served from 9 a.m. to 12:30 p.m., enjoy your favorite breakfast meals with spectacular views of Newport Harbor.

**Monday-Friday:** Lunch, 11 a.m. to 1:15 p.m., on the Blue Deck (weather permitting), sit-down service. Dinner, 4 to one-hour before closing, Pub Menu is available at Topside Pub or on the Blue Deck weather permitting.

**Thursday:** Lunch, 11 a.m. to

1:15 p.m., first deck, sit-down service. Dinner, 5 to 7 p.m.

**Topside Pub or on the Blue Deck (weather permitting):** Lobsters for Happy Hour. One-plus pound boiled lobsters, giant baked potatoes, hot and spicy wings, fresh garden salads, and creamy clam chowder.

#### Upcoming events:

**The Country Mile Band Dinner Dance Show** returns-Friday, Oct. 29, 6 to 11 p.m. and features a country buffet. Tickets are \$23.95 per person and are available at the Gift Shop.

**The Abbey Road Dinner-Dance Show** on Friday, Nov. 12 from 6 to 11 p.m. will feature an Italian buffet. Tickets are \$24.95 per person, include gratuity and are non-refundable.

Tickets are available at the O' Club Gift Shop Monday through Friday 8 a.m. to 4 p.m. or call using Visa/MC at 846-7987.

### Enlisted Lounges

(Recreation Center, Building 656, phone 841-3054)

Hours of operation: The Enlisted Club is open 4 p.m. to 11 p.m., Wednesday to Saturday. The CPO Lounge is open

Wednesday and Thursday, 4 to 9 p.m. and Friday, 4 to 11 p.m. Pub menu is available Wednesday through Saturday, 4 to 8 p.m. Lunch service is no longer available.

**Tonight:** Head over to the Recreation Center, Building 656, every Friday from 4 to 6 p.m., enjoy complimentary chunky salsa and tortilla chips and listen to tunes on the jukebox. This is the perfect way to unwind after a long week, so mark your calendar, tell your friends and get ready to kick off the weekend at the Recreation Center. For more information, call 841-3054.

**Saturday:** Open 4 to 11 p.m. Pub menu available from 4 to 8.

Wednesday is "Wild Wings" Night, 4 to 8 p.m. Basket of chicken wings (available three ways), fresh celery and blue cheese dipping sauce costs just \$2.50!

**Thursday:** Open 4 to 11 p.m. Pub menu available from 4 to 8 p.m.

### Ney Hall Galley

(Building 292, phone 841-4445)

All hands welcome

Weekdays: breakfast, 6 to 7:15 a.m.; lunch, 11 a.m. to 12:30 p.m.; and dinner, 5:15 to 6:30 p.m.

## Information, Tickets and Travel

### See the Thanksgiving Day Parade

Join us for our annual trip to New York City to see the Macy's Thanksgiving Day Parade on Thursday, Nov. 25. The trip is \$45 per person and includes transportation from NAVSTA Newport at 5 a.m. to NYC and return to NAVSTA Newport at 6 p.m.

Spend five hours in New York as you please, watch the parade, shop or sightsee. For more information, call ITT at 841-3116.

### Radio City Christmas Spectacular

Our annual trip to see the Radio City Christmas Spectacular Show will be Friday, Dec. 10. Tickets are \$110 per person and include transportation from NAVSTA Newport at 7 a.m. and return to Newport at 11 p.m.

The show is at 3:30 p.m. so there will be time for sightseeing, grab a bite to eat or shopping. You can hold your spot with \$65 deposit, and balance is due by Dec. 1.

For more information, call ITT at 841-3116.

### Providence Performing Arts Center tickets at ITT

Information, Tickets and Travel has tickets for the following performances at the Performing Arts Center in Providence:

— *The King & I*, Oct. 21 at 7:30 p.m. Tickets are \$46.75 per person

— *Oklahoma*, Nov. 13 at 2 p.m. Tickets are \$46.75 per person.

— *Lord of the Dance*, Nov. 18 at 7:30 p.m. Tickets are \$46.75 per person.

— *The Nutcracker*, Dec. 11 at 7:30 p.m. Tickets are \$21.50 per person.

For more information, call ITT at 841-3116.

### Let us help sell your car

Do you have a used car to sell? Sell it fast in the Morale, Welfare and Recreation's car lot, located in a highly visible area.

The cost for the lot is \$20 for the first 30 days, then \$10 for each additional month – for a total of 90 days. For more information, call ITT at 841-3116.

### Fright Fest at Six Flags

Six Flags will be converted into a haunted theme park for Fright Fest 2004 featuring haunted attractions, spooky experiences and bone-chilling rides. A special Fright Fest package is offered for Saturday, Oct. 23 (rain or shine) \$32 per person, children under 36-inches tall are free.

Package includes parking, admission to theme park and an all-you-can-eat buffet. The buffet includes hot dogs, hamburgers, Italian sausage, chili, clam chowder and Coca-Cola products.

Park hours are noon to 10 p.m., and the buffet is 2 to 4 p.m. Deadline for purchasing tickets has been extended.

Also available at ITT is a special coupon for park admission at \$19.99, and it can be used for up to eight people.

**Six Flags Fright Fest** runs until Oct. 31. The park is open Friday, 5 to 10 p.m.; Saturday, noon to 10 p.m.; and Sunday, noon to 9 p.m.

Special coupons can be picked up at ITT and redeemed at Six Flags. For more information, visit the ITT office or call 841-3116.

### New York attractions offered at discount

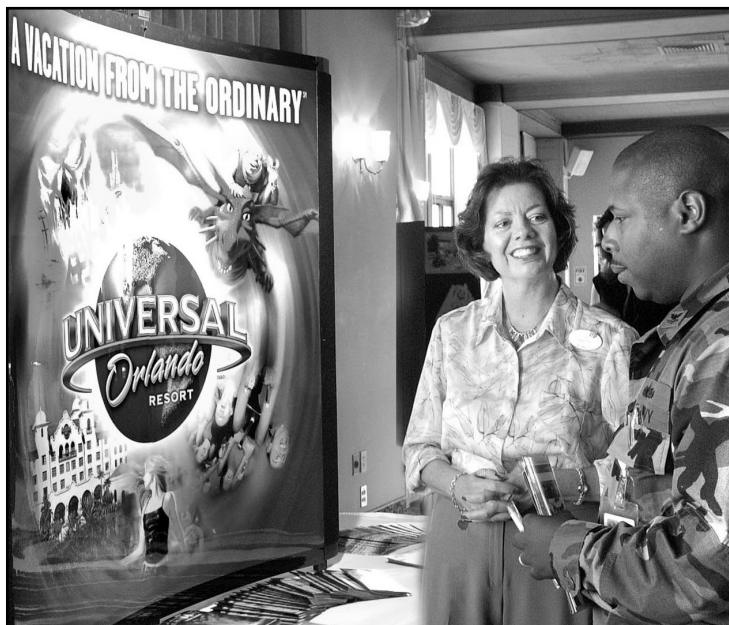
The MWR Information, Tickets and Travel Office is pleased to announce the arrival of discount tickets to some of New York City's hottest attractions!

Visit the ticket office in the MWR Administration Building 1121, and pick up tickets to Madame Tussaud's Wax Museum, the NBC Studio Tour, Grayline Sightseeing Tours and the Intrepid Air, Sea and Space Museum, all at an affordable price!

Discounts are also available for selected hotels on a space available basis.

Stop by today for more information or to pick up some tickets.





Ron Fontaine/U.S. Navy photo

**VACATION PLANNING—** Universal Orlando Resort representative Valeri Johns talks with Operations Specialist Second Class Gregory Andrews about accommodations and Universal Studio's theme park in Florida during the Discount Travel Show at the Officers' Club Ballroom on Oct. 5. Resort bookings and discount travel tickets were offered. The show was sponsored by the Morale, Welfare and Recreation Department.

## Announcements

### TRICARE disenrollments were error, says NHCNE

Due to circumstances beyond the control of Naval Health Care New England (NHCNE), several TRICARE Prime beneficiaries have received a Disenrollment Notification Letter.

It is not the intent of NHCNE to disenroll anyone from TRICARE Prime.

If you have received such a letter, please contact NHCNE toll-free at 1-888-628-9633 and indicate to the call agent that you have received a Disenrollment Notification Letter. The call agent will connect you to the NHCNE Enrollment Coordinator to facilitate your re-enrollment.

### FFSC to close for day only

The Fleet and Family Support Center, Building 1260, will be closed on Tuesday, Oct. 19, for strategic planning. Please contact Naval Station Newport Security or the Quarterdeck in case of emergency.

### ITT Office relocated

The Information, Tickets and Travel has reopened in its new location on the first floor at Morale, Welfare and Recreation Department Administrative Offices, Building 1121.

For more information, call ITT at 841-3116.

### TROA seeks members

The Reserve Officers Association of the United States (ROA) monitors legislative action in Washington, D.C. and state governments.

Its all-service membership of 75,000-plus assures that legislative and benefit needs are represented while you carry out your duty.

Retirees may add their voice by joining Rhode

Island ROA's new Aquidneck Island chapter.

Check the website at [www.roa.org](http://www.roa.org).

For membership application and more information, contact retired Capt. Tom Richter at (508) 735-7009 or e-mail: [richterenterprises@aol.com](mailto:richterenterprises@aol.com). New and old ROA members are welcome.

## Special events

### Halloween Sleepover planned at Gym 109

Come join us for the Military Youth Activities Halloween Sleepover from Friday, Oct. 29, at 7 p.m. to Saturday, Oct. 30 at 8 a.m. at Gym 109.

The sleepover is open to all authorized Navy Newport children ages 8 to 14. It is limited to 60 children and is free.

Activities include an MWR shuttle bus to Pool 307 for swimming, a PG-rated Halloween movie, a pizza party, bowling at Seaview Lanes, basketball and volleyball at Gym 109, Halloween crafts and breakfast in the morning.

For more information, call Gym 109 at 841-7196.

### Wartime era drama staged at Officers' Club

A musical drama of wartime era, honoring past and current servicemen and women, will be staged at the Officers' Club on Wednesday, Nov. 10, from 9 to 10:15 p.m.

*We Mustn't Say Goodbye* is directed by local playwright Linda Thomas. Tickets are \$10 per person and the event is open to all hands. For information, call 841-4821.

## Leisure

### Bowling

(Building 656, 841-4293)

The Seaview Lane Bowling Center schedule for the season has been posted:

Wednesday to Friday, adult bowling leagues;

Saturday, 1 to 3 p.m. youth bowling leagues;

Saturday, 3 to 5 p.m. open bowling available

The 2004-2005 Youth American Bowling Alliance (YABA) league is underway at Seaview Bowling Lanes, Building 656.

Eligible participants must be between age 5 and 21. The fee is \$6 per week. For more information, call Lee Van Buren at 849-5877.

### Youth/special fitness activities

(Gym 109, 841-3154)

Youth basketball: Youth, ages 4 to 15 are invited to register for winter basketball, which

begins on Jan. 8 and runs through March 12. Games will be played Saturdays at Gym 109 and Newport County YMCA.

The cost is \$35 per child and registration ends on Friday, Dec. 3. Register at Gym 109, Monday through Friday, from 8 a.m. to 4:30 p.m. in the Athletic Director's Office.

Practices for youth ages 8 and up begin the week of Dec. 13 and Jan. 3 for ages 6 and 7. For more information, call Jeff Dunn at 841-7196.

• **Youth fitness program:** Youth/teens can learn training methods and the importance of a healthy lifestyle. Education lectures will be provided by Naval Ambulatory Care Clinic (NACC). The training program builds confidence and will provide information on:

- Human Movement: Basic Anatomy & Physiology
- Functional Training
- Strength/Power Training
- Balance Training
- Flexibility
- Core Stabilization
- Plyometrics
- Injury Prevention
- General Nutrition
- Body Composition

Each participant will receive a fitness assessment. The class

is open to youth, ages 8 to 14. It is a 13-week class until Dec. 16 from 3:45 to 4:30 p.m. Youth Fitness costs \$30 per person.

Register Monday through Friday, 9 to 6 p.m., at Fitness Plus, Building 355 or call 841-1474.

### Computer Café

(Building 656, 841-2194)

• Personal computers available five days a week to send and receive email, surf the web, play games — all at no charge.

There is a 10-cent charge for printing. Open Tuesday through Saturday, noon to 6 p.m.

### Music/games

(Building 656, 841-3054)

• The next Karaoke night will be next Saturday, Oct. 23, at 8 p.m. Showcase your talents with golden oldies, country hits, and of course, today's top tunes, beginning at 8 p.m.

There's no cover charge, open to all hands. For more information, call The Recreation Center at 841-3054.

**BINGO is back** at the Recreation Center, Building 656, Thursdays from 7 to 8 p.m. Bingo strips cost just \$1 each.

Readers' Poll **BALLOT INSIDE**

# Newport Life

FALL 2004 MAGAZINE

## HOME

AND lifestyles

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## Sports



PHC Bob Inverso/U.S. Navy photo

**CATCH ME IF YOU CAN—** Navy Prep running back Karlos Whittaker scampers 78 yards for a touchdown against Lackawanna Junior College last Saturday at Nimitz Field. Last weekend was Parents Weekend. Lackawanna is in Scranton, Pa.

## Polo fans help devastated Jamaica

PORTSMOUTH — The Newport International Polo Series collected 1,000 pounds of donated emergency supplies which were shipped this week to badly-hit areas of Jamaica after Hurricane Ivan.

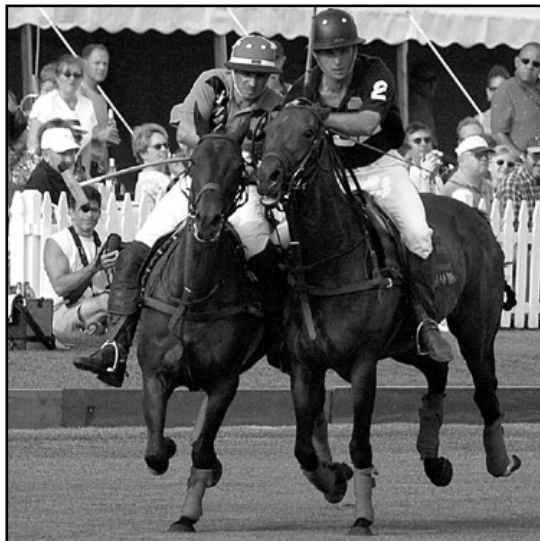
The Naval War College has a team in the seasonal competition.

“The Jamaican Polo Team is one of the most popular in our Polo Series, and we knew that our fans would be very supportive of this cause,” stated Dan Keating, president of the Polo Series. The truckload of donated emergency supplies and non-perishable foods were collected at the final match of the polo series on Sept. 25.

“We know that Jamaica is not a wealthy country and their government can’t write a big check to pay for its recovery. It will take a lot of outside help to restore a minimum level of well being for so many people.”

The Newport International Polo Series formed a partnership with local shipping provider, Post All, to pack and ship the materials. Overwhelmed by requests, domestic airlines turned down shipping to Jamaica. To ensure delivery of the aid to Jamaicans, the Polo Series turned to the Jamaican Consulate of Boston who announced last week their readiness to receive donations and deliver them to the most effected areas of Jamaica.

The Jamaican Consulate of Boston has orga-



Newport Polo Club photo

**Jamaican player Zander Melville, left, jostles with Team USA captain and head coach of the Naval War College polo program Dan Keating at Glen Farm, Portsmouth, last month.**

nized the “Jamaica Hurricane Ivan Relief Fund 2004” for monetary contributions and a drop-off site for donations of canned or dried food, clothing and emergency supplies. For more information, call (617)-266-8604, ext. 12.

# NAPS pounds Lackawanna

**By ENS. SHAMIR BRAZIER**  
NAPS Football Staff

Showing the parents what Naval Academy Prep School (NAPS) football has to offer, running back Justin Guzman ran for a 82-yard touchdown on the second play of the Rams first drive against visiting Lackawanna Junior College last Saturday on Nimitz Field.

It set the tone for the rambling Rams who went on to a blowout win, 56-19.

Guzman was sprung by a key block by wide receiver Tyree Barnes, and the extra point was successfully converted by Rams’ kicker Jonathon Tigani.

NAPSA continued scoring through the half with an interception by Rams cornerback Karl Motoyama that set up quarterback Joe Taylor for the score; another 20-yard run by Guzman; and a 78-yard sprint for a touchdown by running back Karlos Wittaker. Tigani again made the extra point.

As the second quarter ended, Taylor made a 61-yard pass to wide receiver Vic

Strausbaugh. That pass set up a two-yard run by fullback Eric Yates for another Rams touchdown.

To open the second half, Lackawanna attacked with a successful on-side kick. The Falcons scored on a 28-yard run, but the two-point conversion failed.

On the Rams second possession of the half, quarterback Kaipo Kaheaku-Inhada took off on a spectacular 56 yard touchdown run. The extra point was good.

The Rams next drive came to a conclusion with a punt by Tigani. The punt was fumbled by the Falcons punt returner and defensive back Brent Freeman picked up the fumble and ran in for the touchdown.

Lackawanna executed well on their next offensive drive. Driving down the field, the Falcons scored with a 14 yard touchdown pass. Their extra point failed.

Navy Prep will be on the road next week to face the Yale University junior varsity in New Haven, Conn., on Oct. 17.

## Ski Shop

### MWR Ski Shop to open Nov. 3

The Morale, Welfare and Recreation Department Ski Shop will open Wednesday, Nov. 3, in Building 303.

Ski fittings will be done by appointment only and will begin on Monday, Oct. 18. There is a one-time fee of \$5 per person or \$12.50 for the family.

Walk-in fittings are at the discretion of the Ski Shop manager. Measurements will be kept on file for the entire season.

Check out the winter sports resale shop for a variety of products.

Hours of operation will be Monday and Tuesday from 11 a.m. to 1:30 p.m. for returns only; Wednesday and Thursday, noon to 5 p.m.; and Friday, 11:30 a.m. to 5 p.m. For more information, call 841-2568.

## Intramural football

The Naval Station Newport Intramural Flag Football results as of Oct. 8 follow:

Spanky and the Platters def. Law Dawgz, 26-12

Law Dawgz def. SWOS Dept. Head 180, 6-0

Spanky and the Platters def. SWOS Dept. Head 180, 26-0

Law Dawgz def. REDCOM Northeast, 26-13

Law Dagwz def. NACC Devil Dogs, 26-12

### Results from Oct. 12:

Law Dowgz def. Spanky and the Platters, 14-12

REDCOM Northeast def. NACC Devil Dogs, 13-8

### Standings (as of Oct. 12)

Spanky andthe Platters.....	4-1
Law Dawgz.....	4-2
REDCOM Northeast .....	2-2
SWOS DH 180.....	1-3
NACC Devil Dogs.....	0-4



# Charity

Continued from Page 4

cost. Through a relative, the Larcoms became associated with the Pan-Massachusetts Challenge to raise funds through the Jimmy Fund at the Dana Farber Cancer Institute in Boston. The fundraiser involved a 196-mile bicycle route last August through southeastern Massachusetts, from Sturbridge to Provincetown on the tip of Cape Cod. Daughters, Erin and Megan, volunteered services at a rest stop in Bourne at the Massachusetts

Maritime Academy. "It is the largest cycling challenge in the country," Mrs. Larcom said. "About 3,500 participated on two separate route options." She said Lt. Col. Larcom and their son have raised about \$8,000 so far this year. Anyone who wants to contact the family about their fundraising efforts before Oct. 18 may call Lt. Col. Larcom at 8 Columbia Court, Greene Lane Housing, at 846-3353.

# Health Fair

Continued from Page 3

station (FFSC) to be very beneficial with information to help relieve stress. I don't know anyone who doesn't have it." Ed Relle, a fitness specialist, answered questions about the importance of staying active. "We are answering fitness questions making people aware of what's available as far as fitness programs through MWR at its many facilities," he said. Some of the many programs include yoga, fitness training, aerobics, including water aerobics, organized sports and swimming. Specialized youth fitness and nutrition classes and organized sports programs are also available. At the Health Promotion stations, topics ranged from good nutrition, proper child seat installation and diabetes education, to promoting a new class, Sexual Health and Responsibility. Elizabeth Reyes, on the child program staff at ASYMCA, said the organization is devoted to happy, healthy families and was on hand with infor-

mation about their many programs and cookbooks full of easy, fast and healthy recipes. Participants from the local community included Pruitt Chiropractic and Body-Wise Therapeutic Massage, giving those curious about their services samples of their techniques or certificates to visit their centers. Other stations included those for blood pressure and cholesterol screenings and women's breast health. Donna O'Brien, oncology and specialty nurse at NACC, said early detection of breast cancer remains key. "It takes a collaborative effort of the patient and health care provider to include a self-exam, mammogram and clinical exam," said O'Brien. Gaining popularity is holistic therapeutic workshops, such as the healthy drumming and kick, scream and shout. "It's been proven to boost the immune system and reduce stress and boost mood," said Pat Cerchio-Vieira, a counselor at Winds of Change Holistic Education Center in Portsmouth.

# Care

Continued from Page 2

ade, letters from school children and snacks, magazines and games. "I would like to thank Lieutenant Governor Fogarty and his office for their ongoing support of the Rhode Island National Guard. Operation Holiday Cheer is just another example of their tireless dedication to the men and women of the National Guard," Maj. Gen. Reginald A. Centracchio said. "The success of this program is directly related to the support of private companies and the thousands of Rhode Islanders who take part in this effort," Fogarty said. Fogarty said he expects to ship some 1,500 packages. The majority will be sent to Rhode Island National Guard troops. The remainder of the packages will be shipped to current or former Rhode Islanders who are deployed overseas through an out-of-state unit,

whether they are in the Reserves, National Guard or on active duty. Fogarty has set up a secure, state government web site, [www.ltgov.ri.gov](http://www.ltgov.ri.gov), which contains all information about the event and will allow people to request packages for loved ones serving overseas. "All deployed Rhode Island National Guard members will automatically receive a package. Families of former or current Rhode Islanders who are deployed overseas and attached to an out-of-state unit of the Guard or Reserve, or whose loved one is on full-time active duty, can request a package through the web site." Rhode Islanders will have an opportunity to participate. The drop off date for items is Oct. 30 from 9 a.m. to 2 p.m. at the National Guard Mounted Command Armory, 1051 North Main S., Providence.

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# Classifieds

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Call  
849-3300

## 10 - Help Wa

CARPENTERS wanted for frame crew. Newport area. Vacation, holiday & health ins. Hand tool & transportation required. Call 401-265-6475.

CARPENTERS, Laborers, Painters: Full/Part time. Send qualification to Zeigler Restoratic P.O. Box 839, Newport

INTERLIBRARY LOAN SPECIALIST in the library - Salve Regis University is seeking qualified applicants this part-time position 30 hours per week which may include nights and weekends. Responsibilities include providing interlibrary loan services to library users, preparing ILL statistical reports, guides and evaluation instruments, providing assistance at reference or information desk maintaining the reference collection, processing and filing reference materials and government publications assisting with planning exhibits and programs and participating in evaluation and selection of reference resources and electronic databases. Bachelor's degree and previous library experience required as well as knowledge of computers, online databases, and the Internet. Reference and/or public service experience preferred along with OCL search and ARIEL. Excellent oral and written communication skills, strong commitment to public service, and ability to work with diverse users and staff required. Deadline for submission is Fri., Oct. 22, 2004. Send, fax (401-341-2921) or email resume ([resumes@salve.edu](mailto:resumes@salve.edu)) with application (available on line) to: Director of Human Resources, 100 Ochre Point Ave., Newport, RI 02840-4192. Minorities are encouraged to apply. Information on the University's Affirmative Action Policies Procedures can be obtained in the Human Resources Office [www.salve.edu](http://www.salve.edu).

## 10 - Help Wa

COUNTER HELP/PREP COOK. Gourmet market, part time. No evening. Max's Market, 849-8088

HEAD HOUSEKEEPER: wanted at Oceancliff & 2, full time, yr. round. Benefits avail. Please call 846-6667 to set an interview.

HUMAN SERVICES - Rewarding job opportunity available assisting people w/developmental disabilities living in homes in the East Bay area. No experience necessary - will train qualified individuals. Excellent benefit package. Call André at 846-460-683-1606 or e-mail [andref@mahercenter.org](mailto:andref@mahercenter.org). EOE, M/F/D/V.

INHOUSE/GROUNDS PERSON: wanted Oceancliff 1 & 2. Full time, yr. round, benefits avail. Position includes a variety of duties, some heavy lifting req. Please call 846-6667 to set an interview.

LEAD Document Production Specialist: Required strong, working knowledge of Microsoft Office & ADOBE software products. Candidates offering exp. w/technical editing of scientific publications, website development & or graphic design capabilities preferred. On-line applications accepted at [www.saic.com](http://www.saic.com), Job Reference Number JTM097146. EOE, M/F/D/V.

LIQUOR STORE Clerk/Stockers, Day/Eve. shift avail. Mon.-Sun. Valid Drivers License Required. 855-2305.

MAINTENANCE person for office complex Newport. Must have exp. in all aspects general maintenance, grounds upkeep & janitorial skills. Full time round position. Vehicle & valid driver's license must. Call 841-5125 for interview.



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MIDDLETOWN, RI.  
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## 10 - Help Wa

MAINTENANCE/PAINTER: Full-time position in apt. complex. Exp. individual w/general plumbing & painting skills. Compensation incl. salary, benefits, free. Apply at East Bay Village, 969 West Main Road, Middletown. PicerneAptsRI.com No phone calls.

RETIRED? Part-Time permanent wknds. Security position at upscale gated community. Apply at Prudential, 126 W. Main Rd.

SHOE STORE Modern Image seeks a creative person for Managers position, computer background helpful. Please call Brick Market's "Other" Shoe Store. 846-3130.

## 12-Earning Opp

WANTED Candlelovers interested in starting own business. 846-2975

## 170-Services



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## 400-Pets & Su



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## 500 - Garage

MIDDLETOWN: 7 Columbia Ct. 8am-12pm, Sat. 10/16.

## 520 - Miscell for Sale

COSTUMES: Gangsters, Western, Victorian Civil War & more. Sale & rentals. Flashback 846-9522 or 846-1433.



HOYT VIPER BOW. 50-60 lbs. All access. \$350. Call 847-7793.



## 520 - Miscell for Sale

BIRTHDAYS are a blast at Flashback! Photos fun. 846-9522, 846-143.

LEATHER COAT Women's plus size, A-1 swing coat, size 28/30 great cond. \$100 847-5359.

PRO FORM GL 36 exercise bike. Console , fers 4 smart programs measures heart rate more. \$100. 849-7492.

SNOWBLOWERS John Deere 5 hp \$300. Cub Cadet 3 hp \$200 or both for \$500. 683-048

VITA SPA DUET 2 person hot tub. Good condition. Moving. \$50 848-9751.

WILSON'S RABBIT FUR coat. Women's large \$50 or best. 848-5544

## 525 - Office & Home Computer

PENTIUM 4, 512MHZ, 80 gig, CD/DVDRW, floppy, 6+1 med., shaped desk, leather chair, 17" LCD scree \$2000 in pre-loade software. \$1300. 84: 0292, 662-2908.

## 530 - Household

BDRM. FURN., computer desk, printer & tv/ combo. All for \$99! 847-2600 ext. 107.

BRASS TRUNDLE/Day Bed. Twin pop-up trundle frame w/springs; brass head/foot, mattresses. All include \$200/best. Great f kids/guest room 845-9674.

CHILD wooden fort w/playhouse from Bill sales. \$300 firm. O bunk twin beds w/mattresses & ladder \$450 662-0099.



CONTEMPORARY OAK CORNER HUTCH, 90" tall, sliding glass d. drawer, bottom storage area. \$40. Call 848-09 between 5-8 p.m.

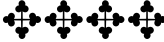
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mitsubishi 52" big screen TV, excellent cond. \$750. 965-5628.

PORTABLE dishwasher, never used, excellent condition. Moving. \$30 848-9751.

REFRIG. Kenmore Cold-spot, 18 cu. ft., w/ ice maker, frost free great cond. \$350 849-9457.

SEARS WASHER/DRYER 5 yrs. old, excell cond. \$300. 841-9744.



SOLID Duncan Phyfe mahogany dining rm. table, w/1 armchair & chairs. Excellent cor \$1000/best. 423-2838.

WOOD captains twin bed. \$200. Cal 848-5735.

## 550 - Wearing

WOMEN'S PLUS SIZE leather A-line swi coat, size 28/30, gr cond. \$100. 847-5359.

## 590 - Music

EVERETT upright console piano with bench good condition, moving \$800. 848-9751.

## 640 - Antiqu

ANTIQU Hoosier cabinet, oak, good cond moving. \$750. 848-9751

## 670-Business Op

5 BDRM. B&B in Newport, priced to sell \$695,000. Extensive renovated. Excellent come, low operating expenses, all inventory/furnishings stay. brokers. Bev 849-7431.

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1 BDRM., downtown Newport. Spacious. \$745 a mo. incl. heat 846-2656.

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2 BDRM. 2nd fl., off parking, washer/dryer: dishwasher. Newport, \$1,000+. 849-9369.

2 BDRM. TREE SHAD-ED balcony, 2nd fl., laundry, fitness center pool. \$1045 plus utilities Portsmouth. 849-1100.

2 BDRM., 1st. flr., close on the Point, hardwood flrs., garage incl., ups, storage, no pet \$1150+. 846-5462. http://www.members.aol.com/nptriapts

2 BDRM., Hammond St., Newport. Recently renovated. Bright, hardwood floors, parking \$1100+. 855-4304.

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2 BDRM., 1 bath, fresh painted. Kay/Catherin \$975+. 835-6117.

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NEWPORT: Bright & roomy 1 bdrm. apt w/hardwood floors & high ceilings. Garage parking, walk to downtown, \$950+. Call owner, 203-536-0390.

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PORTSMOUTH: 1 bdrm. private, on 3 acres Fantastic waterfront washer/dryer. \$1,300 includes all, yr. lease 623-1507 or 683-1968.

## 720- Furnished

5TH WARD 2 bdrm., hardwoods, parking. \$1100+. Edith Cushing, Remax 848-6750.

## 725 - Condos for

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2 BDRM., 1.5 bath, new kitchen, deck, large near beaches, pets ok \$1,400+. 401-837-4188.

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## 860 - Condos for

## 870 - Houses

HONEYMAN Avenue, Middletown. Raised ranch, 2/3 bdrms., baths, new roof, 2 car garage. \$407,000 Call for appt. 846-6341.

NEW LISTING, Yachting Village. 2/3 bdrms 1-1/2 baths, garage, \$375,000. Oceanside Realty, 849-5599, even 401-741-6099.

## 890 - Land

PORTSMOUTH. Choice lots still avail. in subdivision. Town water, gas, underground elec., septic design in Prices starting at \$1900. Call 401-683-0091

## 9000 - Mobile

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## 902 - Motorcycles

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CHEVY BLAZER LT '94, 4x4, 96,000 mi., fully loaded, new tires/shocks. \$4500/best. 619-073

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## Navy-wide news

### Coalition forces, Iraqis integrate

MANAMA, Bahrain (NNS) — The Iraqi Coastal Defense Force (ICDF) integrated with coalition forces in the Northern Arabian Gulf, following a brief ceremony in Umm Qasr, Iraq, Sept. 30.

The ICDF began performing maritime security operations in Iraqi territorial waters alongside Coalition Maritime Forces Oct. 1. The extent of the ICDF's contribution will include security around Al Basrah and Khawr Al Amaya oil terminals off the coast of Iraq.

The ICDF will also conduct policing operations on the Iraqi coastline and territorial waters in order to counter terrorism, smuggling, piracy and other unlawful activities.

"This is a step in the right direction," said Marine Brig. Gen. Joseph V. Medina, commander, Task Force 58 (CTF) 58/Commander, Expeditionary Strike Group (ESG) 3. "Iraq's contribution in maritime security operations is tangible evidence of progress toward sovereignty in its territorial waters."

The Coalition Military Assistance Training Team — Maritime (CMATT (M)) has been training the ICDF in Umm Qasr since January. The British Royal Navy-led team is made up of Australian, Dutch, U.K. and U.S. naval personnel.

### New class added for Navy leaders

NORFOLK, Va. (NNS) — Navy leaders around the fleet are now required to complete the new Fleet Business Course by Nov. 30.

The course is an advanced leadership continuum that introduces a new vocabulary and culture that will help train leaders to be more effective and efficient.

"We're providing our leaders with some inspiration and understanding, and a few tools they can use to maintain our warfighting culture, with the added dimension of business discipline," said Rear Adm. James Winnefeld, director, Warfare Programs and Transformational Concepts, U.S. Fleet Forces Command (FFC).

Sea Enterprise, one of the three supporting processes in

"Sea Power 21," introduced the notion that the Navy can no longer afford readiness at any cost.

"Although the demands of our wartime footing and the need to recapitalize have spurred efforts to be more efficient, the American taxpayer rightfully expects we do so as a matter of routine," said Commander, U.S. Fleet Forces Command Adm. William J. Fallon. "We can and will continue to exercise fiscal discipline in achieving combat readiness by undertaking a fundamental change in culture, one that incorporates a continual, rigorous evaluation of the costs in preparing for combat, and the assumptions that drive those costs, Fallon added.

Realizing the critical importance of educating Navy leaders as a part of this cultural change, FFC, working with the Naval Education and Training Command and Center for Naval Leadership (CNL), produced a computer-based training course that provides practical instruction to command-level leadership in basic business principles and practices.

### Breast health, cancer targeted

YOKOSUKA, Japan (NNS) — With October being Breast Cancer Awareness Month, health care providers at military treatment facilities throughout the fleet are encouraging Sailors to become educated about breast health and cancer prevention.

One of the key messages healthcare experts are sending is that breast health starts—and continues — with a patient's primary care manager.

"To get information and specific guidelines regarding breast health and cancer screenings, make an appointment with your health care provider," advised Lt. Jacqueline Jones, emergency room physician at Naval Medical Center San Diego. "Our goal is to find breast cancer early so it can be successfully treated."

The American Cancer Society recommends a three-part strategy to detecting breast cancer early: a self breast exam once a month for women over 20; clinical breast exams peri-

odically (at least once every 3 years) for women in their 20s and 30s; and screening mam-

mography with a yearly clinical exam for women ages 40 and over, or those who may be

at high risk.

Good breast care encompasses all three.

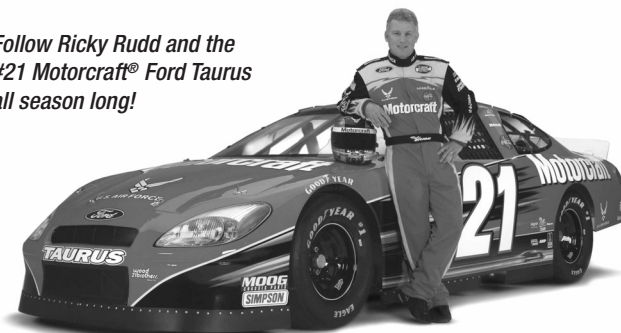
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